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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Wednesday, June 4, 2025

Balance Love and Wisdom

❤️ Love (Heart)

– Empathy

– Kindness

– Connection

– Acceptance

Wisdom (Mind)

– Discernment

– Boundaries

– Truth

– Perspective

🌿 Ways to Balance Love and Wisdom:

1. Practice Compassion with Boundaries

Love doesn't mean saying "yes" to everything.

Use wisdom to know when to give, and when to step back.

"Compassion without wisdom can become enabling; wisdom without compassion can become cold."

2. Listen Deeply, Then Respond Thoughtfully

Love listens without judgment.

Wisdom chooses words and timing carefully.

Respond, don’t react.

3. Cultivate Emotional Intelligence

Notice when your heart pulls you to help and when your mind signals caution.

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About Me

Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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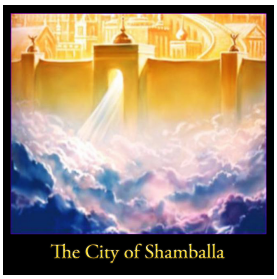

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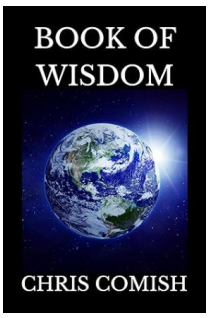

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Reflect before acting: Is this truly helpful? Is it kind and wise?

4. Be Honest, But Gentle

Speak your truth clearly, but not harshly.

Honesty is wise; delivery can be loving.

5. Develop Inner Stillness

Meditation, journaling, or solitude can help you access both inner wisdom and compassion.

From stillness, wise love emerges.

6. Stay Anchored in Values

Know what matters to you.

Let love guide your intention, and let wisdom guide your execution.

✨ Example:

Imagine a friend keeps making the same mistake and comes to you for help again.

Love says: “I care about you and want to help.”

Wisdom says: “But if I fix this again, they might not grow.”

The balance: “I’m here for you emotionally, but I won’t solve this for you. I believe you can handle it.”

- June 04, 2025

1 comment:

Chris Comish June 4, 2025 at 9:52 AM

Balanced, Loving Response:

"I care about you and I can see you’re going through a lot. I want to be here for you, but I also believe that just venting without seeking clarity or growth can keep us stuck. I'm happy to listen, but only if this space also allows for mutual respect, reflection, and maybe even solutions — when you're ready. Let's support each other, not drain each other."

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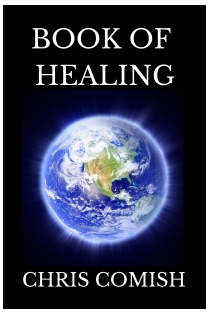

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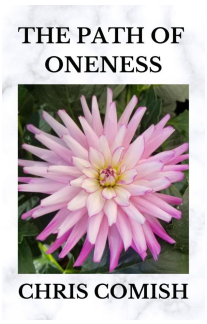

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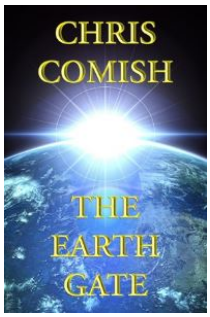

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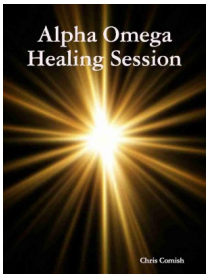

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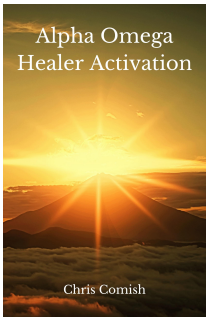

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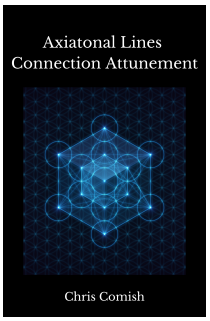

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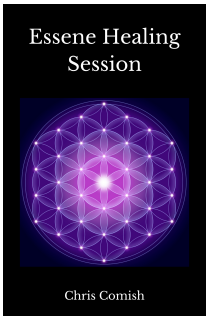

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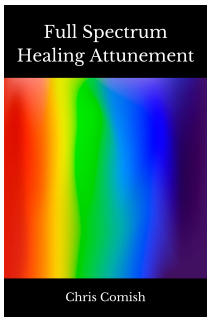

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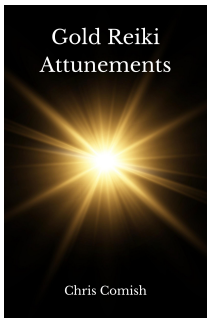

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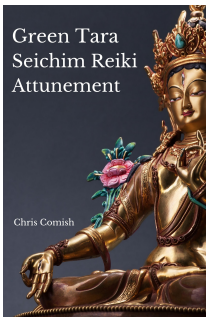

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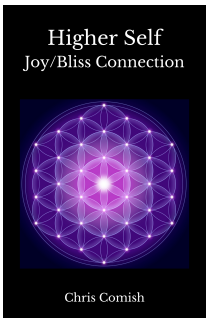

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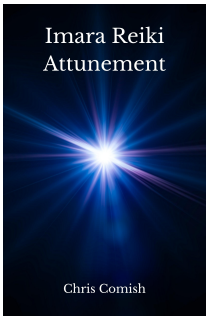

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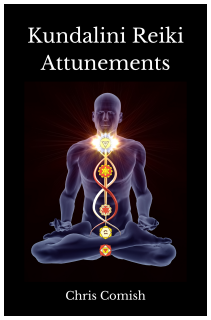

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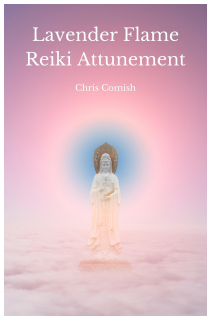

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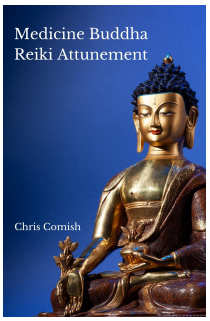

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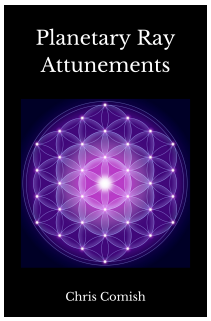

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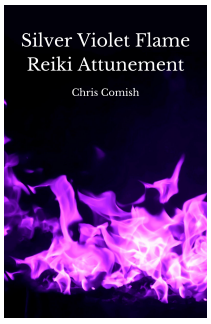

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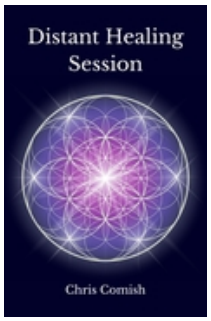

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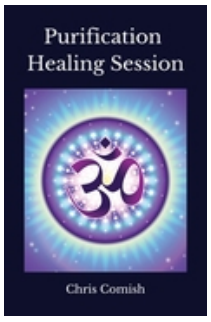

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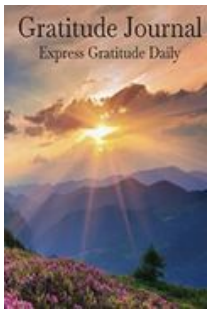

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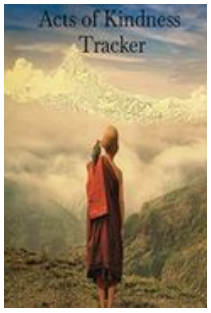

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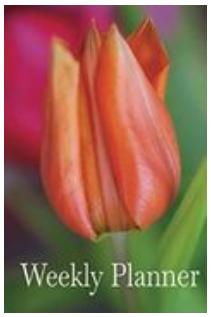

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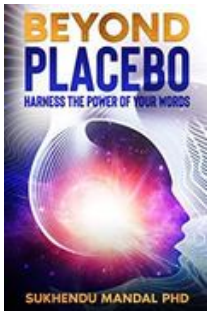

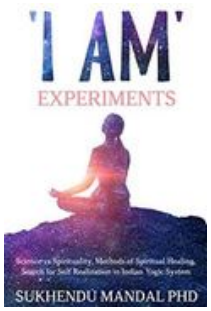

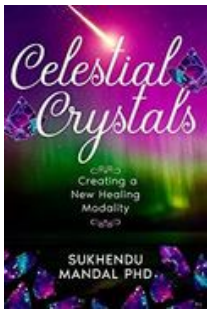

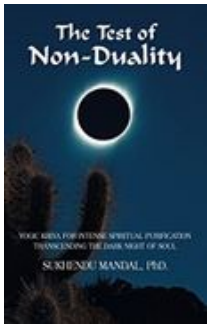

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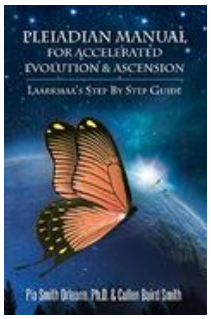

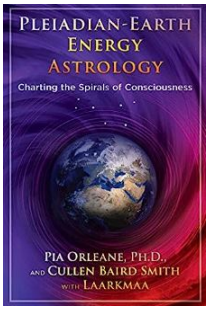
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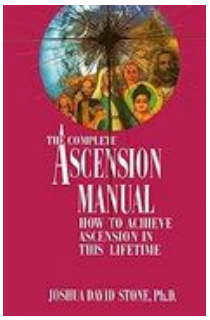
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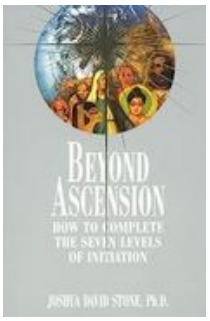
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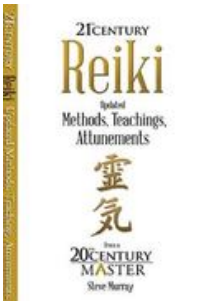
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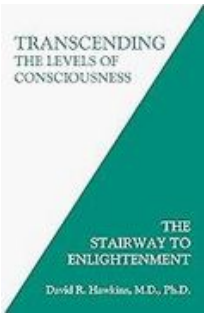
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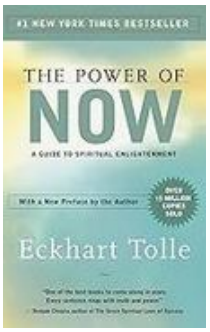
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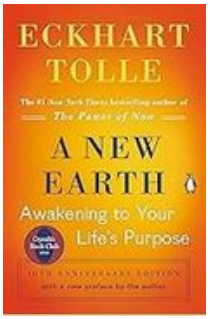
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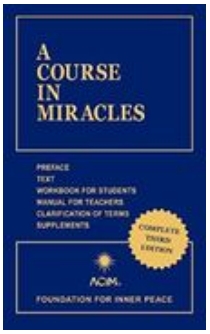
Life's Purpose

The
Jeshua


A
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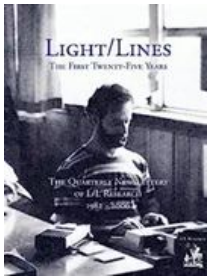
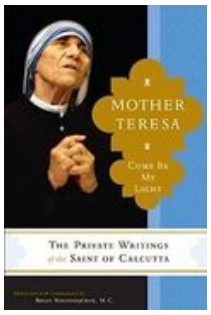
FOUNDATION FOR INNER PEACE


LIGHT/LINES
THE FIRST TWENTY-FIVE YEARS

THE GENE KEYS
Embracing your higher purpose


MOTHER
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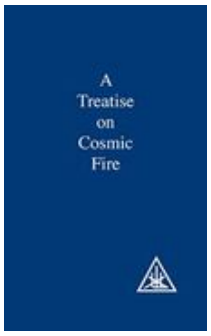
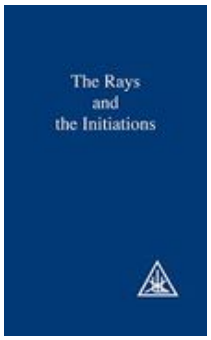
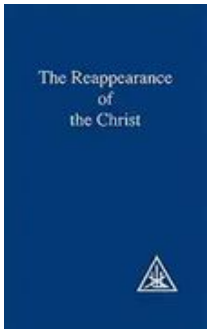
LIGHT
THE PRIVATE WRITINGS
of the SAINT OF CALCUTTA

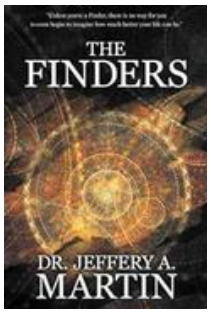
Initiation
Human and Solar


A
Treatise
on
Cosmic
Fire


The Rays
and
the Initiations


The Reappearance
of
the Christ

The
Externalisation
of the
Hierarchy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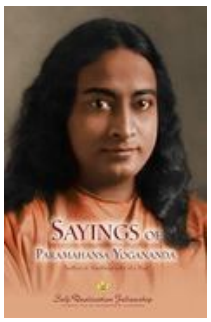
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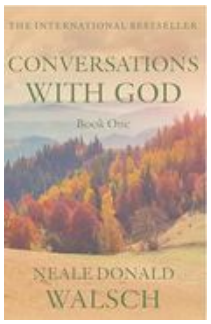
PARAMAHANSA YOGANANDA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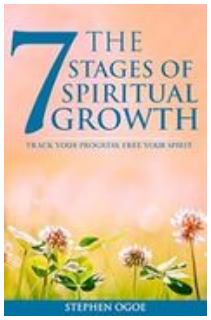
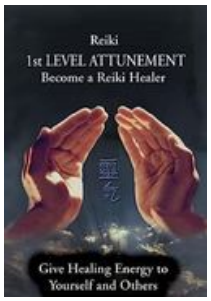
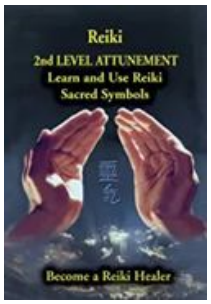
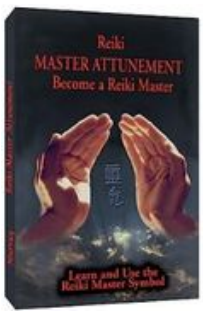
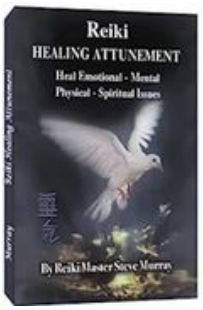


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

Blog Archive

► 2026 (7)

▼ 2025 (312)

► December (38)

► November (20)

► October (28)

► September (24)

► August (63)

► July (36)

▼ June (36)

Embody the Higher Self

Higher Self Balance

Become the Higher Self

Initiations and Elements

Wanderers

Ten Initiations

Monadic and Logoic Planes

Divine Archetypes

Wise Compassion

9 Petals

Divine Will

Integrate Chesed into Daily Actions

Initation Levels and Densities

Mapping Law of One vs Bailey Teachings

7 subrays of Ray 2

Moving into Monadic Service

Dharma

Planes of Existence

Levitated

Sun Sign and the Rays

Sacred Vow

Ray 1- Divine Will

Higher Evolution

When does one know the Oversoul?

One Life

Monadic merger

Love Revolution

Unity in Diversity

Soul manifestation

Alignment

Life's Work

What is your Soul Ray?

Vow of 6th Density
Service to the One Life
Love-Wisdom-Will
Balance Love and Wisdom

► May (9)
► April (19)
► March (10)
► February (5)
► January (24)

► 2024 (77)
► 2023 (21)
► 2022 (15)
► 2021 (1)
► 2020 (1)
► 2018 (2)
► 2017 (2)
► 2016 (5)
► 2014 (1)
► 2013 (4)
► 2012 (18)
► 2011 (51)
► 2010 (19)

Labels

- 2012
- 2014
- 5D
- after life
- afterlife
- ageless wisdom
- alien
- aliens
- angels
- anger
- archangels
- ascended
- ascended masters
- ascension
- astral
- attunements
- audiobook
- black triangle
- buddha
- chakras
- challenges
- channeling
- CHI
- cho ku rei
- chris comish
- city of shamballa
- conscious
- contact
- convergence
- cosmic
- cosmic council
- creator
- criminals

- david wilcock
- divine
- earth
- ebook
- energy
- entities
- esoteric
- essene
- experience
- faith
- faith. Love
- forgiveness
- free will
- freedom from duality
- french toast
- full spectrum healing
- gate
- ghosts
- go daddy
- God
- golden age
- harmonic
- Harmonic Convergence
- healing
- heart
- higher self
- hitchhiker
- holidays
- Human Body Energy Centers
- illuminati
- invocation
- kwan yin
- lavender flame
- law of one
- lessons
- liberation
- life
- life review
- light
- link
- ll research
- logoic body
- love
- manifestation
- masters
- Mayan Prophecy
- meaning
- meditation
- member of the month
- members
- metaphysics
- movies
- Noah
- numbers
- nwo
- oneness
- Osama bin Laden
- polarity
- postage
- prayer
- protection

- purification
- purpose
- quan yin
- quotes
- reiki
- reiki attunement
- reiki key chain
- religion
- resentment
- satisfaction
- service
- session
- shamballa
- sirius
- soul
- space
- spacecraft
- spirit
- spirituality
- stamps
- teachings
- the city of shamballa
- time
- trees
- two thousand and twelve
- ufo
- unconditional love
- unity
- void
- vow
- winter solstice
- wisdom

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